

ANACONDA TIMES

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Proudly serving Logistics Support Area Anaconda

August 14, 2005



Photo by Pfc. Mark B. Matthews

Rascal Flatts arrived at the Balad Airfield and played two shows at the Sustainer Indoor Theater both of which were a full house at Logistics Support Area Anaconda August 4.

Rascal Flatts's day at Anaconda

By Pfc. Mark B. Matthews
Staff writer

A Soldier's morale is one of their most powerful tools in the war against terrorism. Long hours, extreme temperatures and stressful work conditions can sometimes drop the morale of deployed Soldiers. However, one of the top country music bands in the US paid Logistics Support Area Anaconda a visit to put on two concerts and show their support for U.S. troops and their mission to keep the Iraqi people free.

Country Music Association's Vocal Group of the Year for 2003 and 2004, Rascal Flatts toured Iraq putting on shows for servicemembers. Their tour began in Baghdad and Fallujah before visiting LSA Anaconda August 4. Rascal Flatts members Gary LeVox, lead singer, Jay DeMarcus, guitarist and vocals and Joe Don Rooney, lead guitarist and vocals, arrived at LSA Anaconda at 9:40 a.m. August 4 and after dropping their

belongings off at the Distinguished Visitors Quarters enjoyed a hot LSA Anaconda meal at Dining Facility 4. After lunch, the band visited the Special Forces Compound and was greeted there by about a hundred fans who were eager to get pictures and autographs of the band.

While Rascal Flatts visited the Special Forces Compound, they were able to tour some of their helicopters and learn a little about how Special Forces contributes to the war on terrorism and Operation Iraqi Freedom.

Rascal Flatts performed two shows for the troops at LSA anaconda, both of which were performed to a full house. The band performed songs off all three of their chart topping albums and a couple great songs from country music's past, like "I Got Friends in Low Places." Everyone who wanted an autograph from the band got their chance after each performance.

See RASCAL FLATTS page 11



The members of the band Rascal Flatts (from left) Joe Don Rooney, Gary LeVox and Jay Demarcus sang songs from all three of their award winning albums and took time to sign autographs and take pictures with troops at the Sustainer Indoor Theater August 4.

COMMENTARY

Iraq's creation of a democratic government



By Lt. Col. Mike Diederich
Deputy Staff Judge Advocate

The American founding fathers created a structure of government and democracy previously unknown. Since then, democracy and freedom have become the United States' most valuable export.

The Soldiers of the 100th Battalion, 442 Infantry, from American Samoa, expressed this in eulogizing our fallen comrade, Staff Sgt. Frank Tiai, who was killed on duty near LSA Anaconda recently.

Fighting for freedom and democracy is noble.

The "100-442" is providing such instruction daily to Iraqis, as I can personally attest.

Complacency to tyranny and hatred is ignoble, and fosters the brutality which deprives mankind of its humanity.

Just as revolutionary-era Americans fought for freedom without great experience in democracy, so too do the Iraqis today.

The outpouring of voters last January revealed the desire for freedom. Iraqis helping form a new government risk death.

The enemy must defeat this fight for freedom or themselves be vanquished.

The road to freedom is not easy. We Americans did not get it exactly right the first time, as we stumbled for seven years with the Articles of Confederation (1781) before creating an act of genius — our Constitution (1788) — with its three most profound elements being 1) its separations of powers, 2) division of regional power through federalism, and 3) its Bill of Rights (1791).

We have exported these principles throughout the world, with success even in Japan, where the emperor had been supreme.

Now it's Iraq's turn. The public

referendum on the Iraqi Constitution is October 15.

If all necessary provinces of Iraq approve, Iraq will create in December's elections a federal government which shares power throughout the country, allowing for peaceful governance with majority rule, but without any one ethnic or tribal group overpowering another.

There will be struggles along the way. The transitional government has until August 1 to ask for an extension in preparing the constitution, and the document must be finalized by August 15th.

Obstacles may intervene, including the insurgents' terrorism. Women may protest, if the drafters reduce women's rights. Some religious leaders may object to some of the freedoms likely found in the proposed constitution:

- Freedom of Speech & Association
- Freedom of Religion
- Gender equality
- Property and Privacy rights

Voter approval of the constitution is uncertain. Sunni or Kurdish voters or members of certain disempowered Iraqi tribes could cause its defeat.

Disappointing though this will be, democracy will nevertheless have been served.

More work may be necessary on power sharing between regions, tribes or genders, or in defining rights, but the people, not the thugs and terrorists, will have collectively spoken.

Another iteration of the process may be needed. We Americans are constantly revising our own government: with each election, new law, or new Supreme Court decision.

Freedom and democracy will create a sustainable government for Iraq, and a better and safer world. Our military will have again changed history for the better, by bequeathing freedom and democracy to the people of Iraq.

Democracy in Middle East would strike blow to terrorists, Bush says

Establishing a democracy in the heart of the Middle East "will deal a serious blow" to terrorists' hateful ideology, President Bush said August 3.

Bush spoke at the American Legislative Exchange Council in Grapevine, Texas. He said the violence in recent days in Iraq shows what enemies of democracy are capable of in pursuing their goals. Twenty-one U.S. Marines have died in Iraq since Aug. 1.

"These terrorists and insurgents will use brutal tactics because they're trying to shake the will of the United States of America," Bush said. "They want us to retreat. They want us, in our compassion for the innocent, (to) say we're through."

But that will not happen, the president said. "They do not understand the character and the strength of the United States of America," he said. "They do not understand our desire to protect ourselves, to protect our friends, protect our allies and to spread freedom around the world."

Bush said the Americans who have been killed in Iraq and Afghanistan "have died in a noble cause and a selfless cause." He said the United States will honor their sacrifices by completing the mission.

Bush reiterated the military strategy in Iraq. He said coalition forces, including Iraqi forces, will continue to hunt down terrorists. Other forces will continue to train Iraqi security forces. "As Iraqis stand up, Americans and coalition forces will stand down," Bush said. "And we're making progress. More and more Iraqi units are

more and more capable of defending themselves."

Bush said there is no timetable for the return of American forces, adding that any decision will be event-driven. "It makes no sense for the commander in chief to put out a timetable," he said. "We're at war. We're facing an enemy that is ruthless, and if we put out a timetable, the enemy would adjust their tactics."



The president said the political track also is moving forward in Iraq. The country's National Assembly is working on a constitution, and members have pledged to have the document ready by Aug. 15. The Iraqi people will have a chance to vote on it Oct. 15. If accepted, a new government

under the constitution would be elected Dec. 15.

"At the heart of much of my policy is this firm belief: that freedom is the gift of an Almighty to every person in this world," he said. "It doesn't matter who you are. Embedded in your soul is the deep desire to live in freedom. That's what I believe."

"And if you believe that, then you shouldn't be all that surprised when, if given a chance, 8 million-plus people, in defiance of car bombers and killers and terrorists said loud and clear to the world, 'We want to be free. We want to live in a democracy."

We want a government that listens to us and doesn't tell us what to do."

(American Forces Press Service)

ANACONDA TIMES

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'Military Idol' competition begins on Army installations

The first round of "Military Idol" competition began on U.S. Army installations around the world August 5.

The program, based on Fox Television's "American Idol" series, will select the inaugural Military Idol after a final week of singing competition Oct. 17 through 23 at Fort Gordon, Ga.

To reach the finals, military vocalists must first win a competition on one of 36 installations. Depending on the number of local competitors, that process could take from one to eight weeks, competition officials said.

The Military Idol program is the brain-child of Coleen Amstein, who works in business programs for the U.S. Army Community and Family Support Center, and Victor Hurtado, artistic director for the U.S. Army Soldier Show, one of several programs offered by Army Entertainment Division.

"I had been working with the ('American Idol') folks for a while, and in the back of my mind I had wondered how we could put something together for our Soldiers," Hurtado said.

While visions of Soldier Idols were forming in Hurtado's head, Amstein and the CFSC business programs team were brainstorming events for Morale, Welfare and Recreation facilities.

A licensing agreement was contracted with Fremantle Media, and the idea evolved into a program within a year.

"It was a matter of working with legal and business affairs, making sure that 'Idol' leadership and the legal arm agreed that we could go forward and do 'Military

Idol,'" Hurtado said.

During the first round of "Military Idol" installation-level competition, contestants must sing without musical accompaniment. Three judges, who may include garrison commanders, command sergeants major and local celebrities, will narrow the field of talent.

In the second round of local competition, judges and audiences will determine who advances. Spectators will submit written ballots after the performers are finished and judges have completed their critiques. The audience vote and judges' vote each will count 50 percent in determining who advances.

When entering the venue, everyone will receive a ballot to vote once. An additional ballot can be obtained with each purchase of an appetizer or meal during the event.

Installation-level prizes for the winner at each participating location include \$500 and temporary duty costs covered by USACFSC to compete in the Armywide finals. The winning vocalist's unit also will receive \$500. Second-place contestants will receive \$250 and third-place performers will receive \$100.

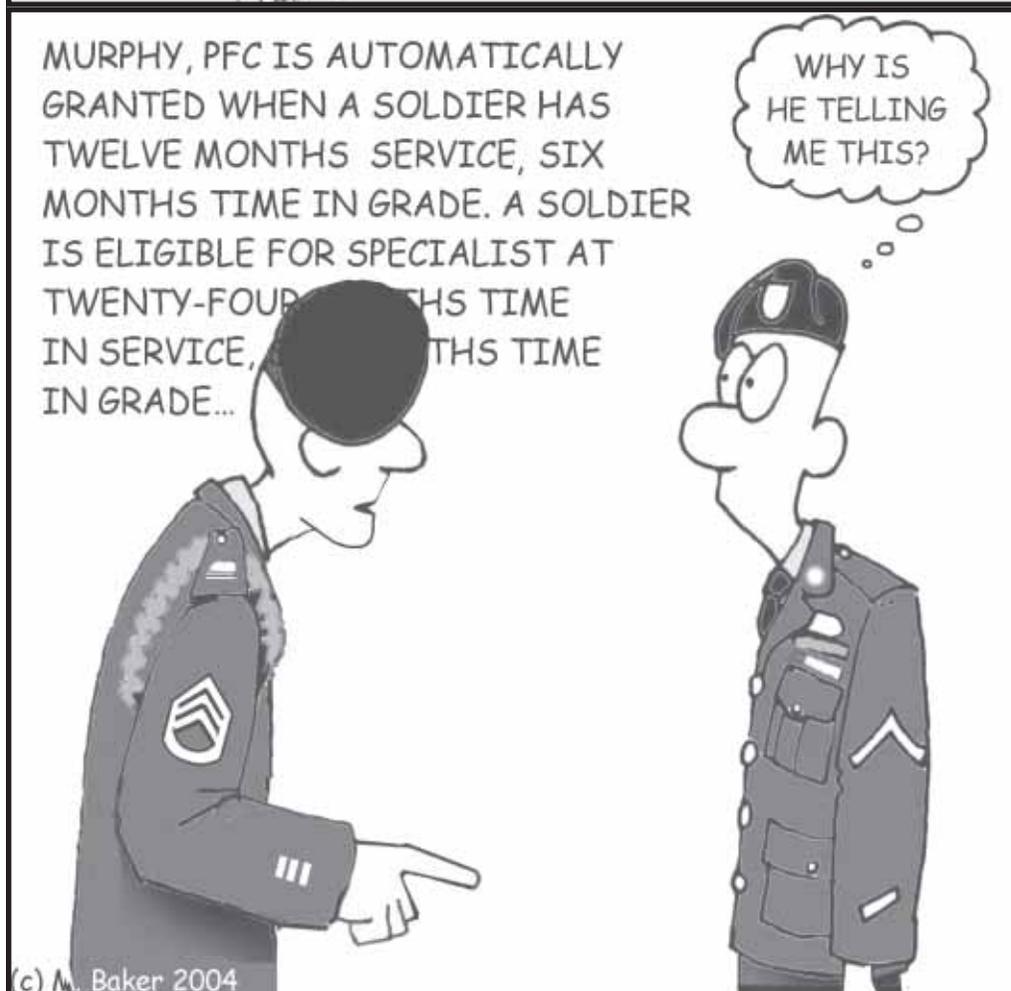
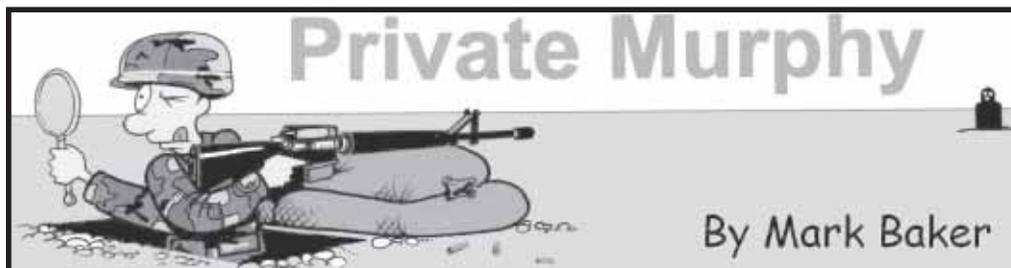
Army wide finals prizes include \$1,000 to the winner.

During the finals, which are scheduled for a live, 90-minute telecast on the Pentagon Channel, the runner-up will receive \$500 and the third-place performer will receive \$250.

Complete rules of the contest are available at the competition's Web site.

(American Forces Press Service)

The Anaconda Times has a dedicated Web site containing the current and past issues at www.mnf-iraq.com/coalition-news/publications/anaconda.htm



Question of the Week

What is your favorite sport and why?



Sgt. Mike Waymire
C Co., 115th Inf. Regt.

"My favorite sport is football because a lot of it is based on strategy."



Norman Lyon
KBR contractor

"It'd have to be fishing. I was born in Alaska and I just love to fish."



Spc. Concepcion Amezcuita
A Co., 3rd Forward Support Bn.

"I like soccer because most of my family plays."



Spc. Jennifer Suchowski
1173rd Trans. Co.

"I like rock climbing because of the challenge and the great view."



Amn. 1st Class Shawn Nunn
332nd ECES

"My favorite is baseball because I grew up playing baseball with my parents."

ON THE SPOT**Husband, wife pilots deploy together**

By Spc. Jerome Bishop
Staff writer

The separation during deployments can become a dangerous obstacle very quickly when it comes to marriage, but for two UH-60 Blackhawk pilots on Logistics Support Area Anaconda, deployment to Iraq has kept them together.

"It feels completely wonderful to be deployed together," said 1st Lt. Rebecca DeForest, a UH-60 Blackhawk pilot from B Company, 1st Battalion, 126th Aviation Regiment, who deployed Jan. 9, 2005 with the South Carolina National Guard.

"We can share all of our experiences first hand and we can relate to our jobs and struggles and our accomplishments."

However, the couple almost missed the opportunity to stay together overseas, but reacting quickly to their situation allowed the DeForests to deploy almost at the same time.

"Last year I was in the 82nd Aviation Brigade," said 1st Lt. Patrick DeForest, a UH-60 Blackhawk pilot from D Company, 1st Battalion, 159th Aviation Regiment who deployed to LSA Anaconda on Dec. 18, 2004. "Her unit got alerted for deployment in May 2004 and then activated in September. In September, I asked my supervisor if there was a possibility that I could switch over the 1-159th.

"First they said 'We'll look into it'," he said. "Then there was a one-for-one switch but the 82nd didn't want to because the other Soldier didn't have the experience they needed."

"He swapped out with a female lieutenant in the 159th because her husband was in the 82nd," Rebecca DeForest said.

"It ended up being that another married couple got assigned with the 82nd and that way two married couples

could be assigned in their spouse's command."

"So she went over to the 82nd and I went over to the 159th," Patrick DeForest added.

Either way Patrick DeForest would be spending time in the Middle East, the only difference between being deployed with the 82nd in Afghanistan or the 159th in Iraq is the length of separation from his wife.

"The way it was scheduled was I was supposed to go to Operation Enduring Freedom in May," Patrick DeForest said. "Had I stayed at my previous assignment, we would be facing a 20 month separation."

"It'd probably be better if we weren't deployed to two different areas because communication would become a lot more difficult," Rebecca DeForest said. "I'm sure we will (be separated) at some point."

Although the couple has been fortunate in the fact that they can be with each other every day even while deployed, neither of them forgets that other Soldiers aren't so lucky.

"It's difficult to relate to their experience since we haven't been separated," Patrick DeForest said. "I always try to put myself in their shoes."

"I communicate with both of my Soldiers and their spouses to understand what they're both going through," Rebecca DeForest said.

The DeForests are aware that their situation could take a turn for the worse if it isn't handled correctly. Being in separate units often helps in keeping their personal and professional lives separate.

"Our jobs are pretty separate which I think is a good thing," Rebecca DeForest said. "I'd say my spare time is divided between Patrick and my Soldiers."

"We spend enough time apart because



Photo by Spc. Jerome Bishop

1st Lt. Patrick DeForest, Co. D, 1st Bn., 159th Avn. Regt., and his wife 1st Lt. Rebecca DeForest, Co. B, 1st Bn., 126th Avn. Regt., are both serving as UH-60 Blackhawk pilots.

we wouldn't want to be put in an unprofessional position," said Patrick DeForest.

Since the DeForests do not have children, they have one less worry than many other dual-military families.

"We're lucky we don't have kids at this point in our marriage," Rebecca DeForest said. "I know dual-military spouses who have had to leave their kids with other family members. We don't have any kids but we have a dog that we left behind."

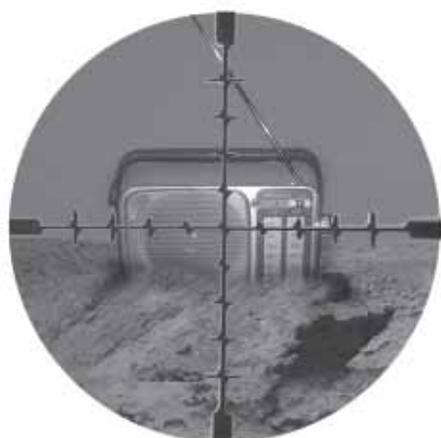
The couple is in agreement that their situation is more that good at the moment, but their plans differ for when their tours in Iraq come to an end.

"I'm looking to extend until May," Patrick DeForest said. "I want to enjoy the mission here and I want to help the incoming unit with their mission here."

"I want to go back to my civilian job," said Rebecca DeForest. "I work in investments for a financial institution."

Having the support of a spouse is a big help for married Soldiers serving in the Global War on Terror, and although the DeForests don't need a 1,000-minute phone card and an open seat at the calling center, they still have friends and family waiting at home for their safe and healthy return.

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Courtesy photo

There are many vector-related threats on Logistics Support Area Anaconda, including the jackal. Servicemembers should never attempt to approach any stray animals.

How much is that jackal in the window?

By Spc. Laura E. Ruscio
Assistant Editor

When servicemembers think of being injured or becoming sick in a combat zone most think of being injured by our human enemies, not the local animals.

Vectors are a very serious threat to our mission of maintaining healthy servicemembers and civilians at Logistics Support Area Anaconda; however, many measures are taken to insure the safety of all.

LSA Anaconda has come a long way in the past six months thanks to the help of a Kellogg, Brown and Root employee, Jeremy Parkinson.

Knowing how serious the situation was at LSA Anaconda, Parkinson gladly accepted the challenge to help keep the servicemembers safe.

Because the animal population had not been kept under control, when he first arrived there were many areas to be taken into consideration.

The main threats in the area were the dogs, cats and jackals, he said.

"When I first arrived, the dogs and jackals were running in packs of 12 to 15 and scaring a lot of people," Parkinson said.

Parkinson also said the animals were breaking into a warehouse here, feeding off of the Meals, Ready to Eat and had become so accustomed to the people on LSA Anaconda, the dogs were no longer scared to come close to them.

There were also issues with the servicemembers keeping some of the animals as pets, he said. "This is very dangerous because these animals carry diseases. The troops do not realize the danger of keeping the animals around."

Knowing the work to be done, Parkinson wasted no



Photo by Spc. Laura E. Ruscio

Although birds often get caught in the traps, they are not considered a threatening vector at LSA Anaconda.

time. He began securing LSA Anaconda by setting traps to catch the animals and speaking with the servicemembers about the preventative measures to help better protect themselves.

He sets his traps around the perimeter of LSA Anaconda, adding food to lure the vectors in. After catching the animals, Parkinson delivers them to the local veterinarian for proper treatment.

After six months of hard work, he has managed to get the pet population under control. The dogs, cats, jackals, foxes and mongooses are still a threat, but the threat is not as serious as it was in the beginning.

There are many things the troops can do to protect themselves from any diseases the animals may carry or

injuries they may cause.

"The main thing for the troops to remember is to not keep any pets," Parkinson said.

Also, the troops should not attempt to approach any animal. They should keep their areas clean, disposing of any trash or fluids.

"Another important vector control factor is sanitation. If we keep our areas clean and free of food, the animals have no reason to hang around," he said.

If the troops notice any animals in their area that are causing an immediate threat, they should contact the Vector Control Office, otherwise fill out a work order and the vector control team will come to investigate the problem.

News Briefs



U.S. Army photo

A U.S. Soldier (far right) assigned to the 3rd Brigade Combat Team Task Force Liberty holds the 42nd Infantry Division colors while the Iraqi colors are raised over the former Forward Operating Base Scunion in Baqubah July 31. Improved security in the Diyala Province has allowed coalition forces to transition operational control of the base to Iraqi control.

Coalition Forces transfer authority to Iraqi Army in Diyala

Cheers rang out during the closing moments of a ceremony that transferred the security responsibility for one fifth of the Diyala province to the Iraqi Army July 31.

Improved security in the Diyala Province has allowed coalition forces to successfully transition operational control of Forward Operating Base Scunion to Iraqi control.

"Today's ceremony is a demonstration of the Iraqi Army's commitment to providing security for their own country," said Col. Steven Salazar, 3rd Brigade Combat Team commander.

Iraqi soldiers of the 2nd Brigade hoisted the Iraqi flag over the newly named Forward Operating Base Khamees, named in honor of an Iraqi Army major killed in action June 26.

Diyala Provincial Governor Ra'ad Hameed Juwad believes the citizens of Iraq are gaining a sense of security.

"This is just one more example of coalition forces turning over control to the Iraqi people," said Salazar.

"It's our responsibility to take care of our land and to protect our people and we will do it," said Col. Saman Asi Talibany, Commander of 2nd Brigade.

The Iraqi soldiers welcomed their new responsibility as they assembled below the newly raised flag.

(Multinational Forces Iraq)

Former Taliban commander joins forces with Afghan government

A former Taliban sub-commander of the Paktika province has renounced violence against the government of Afghanistan, further fragmenting the Taliban command structure in eastern Afghanistan, military officials said.

Mullah Hajji Jalani formally joined the Program Takhim-E-Sohl August 4.

"The fact that Mullah Hajji Jalani has joined with the government of Afghanistan is a positive sign Afghanistan is moving in the right direction," said Brig. Gen. James G. Champion, Combined Joint Task Force 76 deputy commanding general. "It's a sign the government of this country is making real and measurable progress toward better security and a brighter future."

As a result of Jalani's decision to enroll in the program, another 12 former Taliban loyalists have come forward in that province seeking more information on the program and have expressed interest in enrolling.

The PTS program is a tool the government of Afghanistan uses to encourage former Taliban regime members to renounce violence and join with the government to build a more secure country. During the past six months, more than 100 former regime members have joined the program.

(American Forces Press Service)

Security forces Airmen keep contraband off Kirkuk

During the lunch-hour rush at a dining facility in Mosul, Iraq, a suicide bomber managed to penetrate base security and kill 22 Americans December 21, 2004.

Since then, American bases in Iraq have successfully increased security measures.

Every day, 506th Expeditionary Security Forces Squadron Airmen diligently work the search area at base entry gates to ensure the same type of attack does not take place here.

"Our mission is to effectively search and deter persons from entering with, or bringing on, unauthorized contraband and (improvised explosive devices)," said Staff Sgt. Marcos Garcia, of the 506th ESFS.

The 506th ESFS Airmen find a variety of contraband on a daily basis, ranging from knives to alcohol.

Many of the third-country nationals entering the base do not speak English, and most 506th ESFS Airmen are not fluent in Arabic, resulting in difficulty communicating.

"You have to be able to give instructions, be able to tell Iraqis to open doors and panels," he said.

Because of the potential threat, 506th ESFS Airmen remain vigilant to help ensure weapons and explosives do not make their way onto the base.

(Multinational Forces Iraq)

News Briefs



Courtesy photo

Sailors assigned to the U.S. Navy's Unmanned Vehicle Detachment make preparations to load "Super Scorpio," a robotic rescue vehicle aboard an Air Force C-5 Galaxy aircraft August 5. The Navy transported two of the remotely operated vehicles to assist the rescue of seven Russian sailors trapped on the ocean floor in a mini-submarine off the Kamchatka Peninsula August 7.

Russian mini-sub crew rescued

A Russian mini-sub and its seven crewmembers that had been trapped on the ocean floor were successfully brought to the surface by an international rescue team sent to free them, officials at U.S. Pacific Fleet announced August 7.

The crewmembers are alive and a U.S. medical officer aboard a Russian ship is evaluating their condition, according to a news release.

"In a period of only a few hours from the time of the incident, Russian, British, and U.S. resources were readied, deployed and brought to bear in a cooperative effort to free the seven sailors trapped more than 600 feet below the surface for two days," the release stated.

Officials credited "close, frequent communications" between navy officials in Russia, Britain, Japan, and the United States from the start of the operation with facilitating "the prompt and cooperative rescue efforts."

In addition to the U.S. Navy doctor, three U.S. Navy divers supported the British remotely operated vehicle team aboard the Russian ship in the rescue effort.

The British ROV successfully cut the mini-sub free from fishing nets, and the mini-sub was able to surface due to its own positive buoyancy.

(American Forces Press Service)

Iraqi Prime Minister announces new security plan

Iraqi Prime Minister Ibrahim Al-Jafari announced a security plan building on the progress his country has already made.

Jafari spoke in Baghdad following visits to Iraqi security forces training facilities August 4.

The prime minister said through a translator that the security situation in the country is improving. Security forces are increasing in both quantity and quality, he said.

Jafari said terrorist groups are trying to disrupt the political process and the coming elections. "They tried to foil the previous elections. They failed," he said.

He pledged that Iraq will stand up to the insurgents.

The country needs to improve intelligence coordination. Gathering the intelligence and getting it to forces that can act on it is the key, he said. The Iraqi government will also work on improving communications, and the Ministry of Defense will form a quick intervention force.

Finally, Jafari said, the government will work to protect the infrastructure and improve the judiciary.

(American Forces Press Service)

Reservist receives top honor

A reservist's commitment to volunteer service has garnered a top Army and national honor.

Spc. Megan McCartney, Army National Guardsman and combat medic-in-training from the 232nd Medical Battalion here, is the Army's recipient of the American Legion Spirit of Service Award.

The prestigious award is given annually to five enlisted servicemembers.

McCartney is a part-time member of the Louisiana Army National Guard and full-time emergency medical technician for a civilian hospital.

"Service before self is part of the combat medic culture, and McCartney is a prime example of that commitment," said Lt. Col. Brian Kueter, 232nd Medical Battalion commander.

McCartney is not only continuing a trend for combat medics, she is starting a legacy at her Guard unit.

"I love being a Soldier," McCartney said. "And I love helping people. That's why I want to be a medic in my military career as well as my civilian one."

The American Legion is a community-service organization with nearly three million members in about 15,000 American Legion posts worldwide, according to the legion's Web site.

(American Forces Press Service)

Joint U.S.-Iraqi security operations fighting terrorists in Iraq

Iraqi security forces, backed by U.S. troops, have seized the offensive in a series of ongoing counterterrorism operations in Iraq, according to U.S. military officials.

Iraqi soldiers and U.S. Marines from Regimental Combat Team 2 destroyed three car bombs while conducting cordon-and-search operations in the western Iraqi city of Haqliniyah August 6.

The Soldiers and Marines are participating in Operation Quick Strike and detained 24 suspected terrorists for questioning.

Operation Quick Strike is designed to interdict and disrupt terrorist operations in western Iraq, near the cities of Haditha, Haqliniyah, and Barwanah. According to the Marines, intelligence gathered by coalition forces during recent operations confirms that terrorists are operating in these cities and in surrounding areas.

Civilian services, such as water and power, are not being disrupted because of Operation Quick Strike, the Marines said.

(Multinational Forces Iraq)

Deployed Airmen earn patch for selfless determination

Security Forces Airmen here have earned membership into a unique fraternity for showing bravery in the face of the enemy.

The 447th Expeditionary Security Forces Squadron's Airmen were awarded the Army's 18th Military Police Brigade Combat Patch for their role in detainee operations.

To wear the patch, servicemembers must have actively participated in or supported ground combat operations against hostile forces in which they are exposed to the threat of enemy action or fire, either directly or indirectly.

The Airmen of the 447th ESFS are only permitted to wear the 18th MP combat patch for the duration of their deployment, but the significance will always be theirs.

"It's an honor to wear the patch now and show that we are brothers in arms with the Soldiers of the 18th," said Senior Airman Danny Hubbard.

The 18th MP patch dates back to May 1966 when Soldiers earned the right to wear it during the Vietnam War. It signifies that those awarded the patch since those dates are part of a special group of American Soldiers who looked bravely in the face of the enemy in the name of freedom.

(American Forces Press Service)

Team trains Iraqi troops for security role

U.S. Soldiers from the 116th Brigade Combat Team are taking an active role in preparing the Iraqi Army for their ever-increasing role in providing security in Iraq.

Several days a week, a special training team from the 116th Brigade Combat Team's Task Force 1-148 Field Artillery travels to the headquarters of the Iraqi Army's 2nd Brigade, 4th Division, near Kirkuk to train the unit's staff sections and Soldiers.

"The whole Army's main effort is training the Iraqi Army," said U.S. Army 1st Lt. James Lovejoy, Task Force 1-148 Military Training Team officer in charge. "I schedule the training for both the 2nd and 3rd Iraqi Army brigades."

Lovejoy said the Iraqi Army training includes basic training, military specialty training, leadership training and staff training for both enlisted soldiers and officers.

While the training process has had to overcome challenges such as language and cultural barriers, Lovejoy said the Iraqi Army has reached several impressive milestones.

Cultural exchange is common among the Iraqi and coalition Soldiers. According to Lovejoy, the more the Soldiers get to know one another, the more understanding prevails.

"We are adapting and understanding their culture," he said. "It seems like every time we come they have something to help us understand their culture."

(Multinational Forces Iraq)



U.S. Army photo

1st Lt. James Lovejoy (left), a Task Force 1-148 Field Artillery military training team officer, discusses a problem through a local interpreter with 2nd Iraqi Army Brigade, 4th Iraqi Army Division, operations officers at the K-1 Iraqi Army facility near Kirkuk July 27.

EOD Airmen serve as LSA Anaconda's explosive countermeasure

By Spc. Jerome Bishop
Staff writer

Small-arms attacks, indirect fire attacks, and improvised explosive devices have been a danger to coalition forces since the beginning of Operation Iraqi Freedom.

In response, Explosive Ordnance Disposal teams, like Logistics Support Area Anaconda's Air Force 332nd Expeditionary Civil Engineering Squadron, EOD Flight have been making the roads safe and keeping unexploded ordnance at bay.

"We respond to any request for any assistance with any kind of explosive device, improvised or not," said Air Force Master Sgt. Michael Bernard, 332nd EOD operations noncommissioned officer in-charge. "We also have teams that support forward operating bases such as FOB O'Ryan, FOB Normandy, FOB Warhorse, FOB Caldwell, and FOB Cobra."

Since IEDs are the highest risk to Coalition forces, a lot of focus has been placed on pacifying and destroying these weapons.

"IEDs are our biggest threat out here," said Senior Airman Eric Charlton, EOD technician, 332nd EOD. "Basically if it

looks like an IED, we get called up. We've responded to things like stacks of melons on the side of the road to dead animals. An IED can be concealed in every day items. Basically dead animals pose a threat because if it isn't an IED, it could become one."

EOD aren't the only people who need to be aware of their surrounding when out on the roads. Anyone else who happens to encounter an IED needs to know what to do on their end.

"If [anyone] comes across anything that could be an IED, follow your unit's standard operating procedures, Charlton said. "They need to cordon the area and report up through the proper channels."

"The biggest thing is not to mess with them," he said. "We go out sometimes where people have messed with them and thought to ourselves 'Why did you do that?' Thank God they haven't had anything happen to them. IEDs are no joke."

Being in close range of a powerful and often unstable explosive can present dangers to the EOD technicians similar to those of a targeted convoy.

"The measures we have are our Army protection. We never go out without the Quick Reaction Force," Charlton said.

"We also have security on site which

gives us 360 degrees of protection. We always take out our weapons, bomb suits and robots."

EOD robots, usually equipped with something as simple as a few cameras and a gripping claw, have made great advances in the safety of EOD technicians.

"The robots are a means of protection," Charlton added. "It gives us a safe stand-off distance so we can get up close to the IED without being in danger."

Expensive and complex equipment isn't the only thing that keeps the job of an EOD technician safe during missions.

"The training we do is constant," Bernard said. "Anyone in the Department of Defense EOD program attends the same inter-service EOD School. Following that, each service has its own unique on-the-job training. For deployment to the Iraqi Theater of Operations, additional "spin-up" training is conducted that helps prepare the EOD techs for all situations we might encounter."

Any mission concerning IEDs or any other type of explosive ordnance can quickly become a disaster if not handled properly, which is a scenario that EOD technicians keep in mind with every task assigned to them.

"You have a certain amount of control. There are safety measures that we follow and if you follow them you should be fine," said Charlton. "When you go out and defuse or blow up something so that it can't kill anyone else, it makes it all worth it."

"Our EOD motto is 'Initial success or total failure'! If you mess it up, you're gone."

"There's a certain feeling when you know you only get one mistake, and that keeps you on your toes," Charlton added. "I wouldn't do anything else in the Air Force. Our job is a brotherhood you can't find anywhere else in the Air Force. This job is a blast ... literally."



Senior Airman Eric Charlton restocks an EOD vehicle with additional C-4 plastic explosive, a common tool used for the destruction of IEDs and other unexploded ordnance.



Senior Airman Eric Charlton, an EOD technician, clears a captured AK-47 before hanging and storing it before it can be destroyed. EOD destroys captured weapons regularly.



While not on call, Senior Airman Eric Charlton improves his skills with an EOD robot by recovering an inactive rocket-propelled grenade.



An unexploded rocket fired at LSA Anaconda was destroyed in a controlled detonation across the street from the post theater.

The bomb suit issued to EOD technicians adds additional protection against larger explosives or from situations that won't allow for other clearance methods.

Photos by Spc. Jerome Bishop



Photo by Pfc. Mark B. Matthews

Sgt. 1st Class Thomas Aherne, 394th Adjutant General Postal Company uses a forklift to load mail onto a truck at LSA Anaconda.

You've got mail

By Pfc. Mark B. Matthews
Staff writer

While Soldiers are deployed, there are few things they can truly depend on. However, even with fast paced schedules and constant changes, there is one thing Soldiers they can count on - a letter from home.

Soldiers from the 394th Adjutant General Postal Company conduct mail operations seven days a week, 24 hours a day to ensure Soldiers all over Logistics Support Area Anaconda receive their

mail.

Successfully operating a mail room is no easy task.

Operations run 24 hours a day and for good reason.

"We get anywhere from four to six 20-foot conexes a day during the slow season," said Sgt. 1st Class Michelle Hart, 394th Adjutant General Postal Company. "During Christmas time it will pick up to around 10 to 12 conexes per day."

Although the mail room seems to function quite smoothly and Soldiers tend to get all of their mail there are a few

things Soldiers should be aware of.

"We do have some issue with alcohol and pornography," said Hart. "The other big issue is that when Soldiers redeploy, they are not updating and telling us where they are going so we have a hard time forwarding their mail to them."

In the end, the Soldiers in the mail room seem to really enjoy playing a huge part in the morale of Soldiers at LSA Anaconda.

"Mail is extremely important to Soldiers' morale," said Hart. "I believe it is a very important morale booster."

LSA Anaconda housing bus schedule

Housing Area H-1 to DFAC 1/

H-4, H-3/5 & H-7 to DFAC 4:

Depart: 6 & 11a.m. 5:15p.m.

Return: 7:30a.m., 12:30 &

6:45p.m.

to BLDG 7001:

Depart: 7:15p.m.

Return: 9:30p.m.

(SUNDAY)

to BLDG 7001:

Depart: 8:15a.m. , 1:30, 3:15,

7:15 & 9:30p.m.

Return: 10a.m. 2:15, 4:15, 8:15

& 10p.m.

****DFAC hours remain the same for Sunday.**

****BLDG 7001 is near the PX/gym, pool, stadium and theater.**

****Bus will depart from housing offices.**

****The bus rides are non-stop to the locations mentioned above.**

Quotable Quotes ...

On LDRSHIP

"The supreme quality for leadership is unquestionably integrity. Without it, no real success is possible."

Dwight D. Eisenhower

If you have any suggestions for Quotable Quotes contact Public Affairs at DSN 318-829-1412 or e-mail the editor at chris.m.williams@us.army.mil

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Photos by Pfc. Mark B. Matthews

Spc. Michael Chreene, 9th Finance Battalion, had the band sign his guitar right beside all the band members from the Charlie Daniels Band at the Sustainer Indoor Theater August 4.

RASCAL FLATTS from page 1

Most servicemembers got pictures and album covers autographed by the band. However, a few Soldiers got their guitars signed.

Servicemembers seemed to have a great time at the show and really appreciated the band taking time out of their busy schedule to perform for them.

"It makes me feel great that (Rascal Flatts) would come out and do these shows," said Lt. Col. Ivan Cornielle, 301st Area Support Group.

"The Soldiers really need this to help them deal with stress and get them back in touch with some of the things they have back home."

Although the band's track record speaks for itself the members of Rascal Flatts still seem to be very humble.

"They are very down to earth," Cornielle said. "They are here for the right reasons; they love Soldiers and want to get to know them on a one-on-one basis. The shows at LSA Anaconda proved that."

Rascal Flatts Tour in Iraq came to an end, but not before they got a very important message out to the troops.

"We just want you all to know how much we appreciate all of your sacrifices," DeMarcus said. "And don't worry we are going to tell everyone at home what an outstanding job you all are doing over here."

"We love y'all."

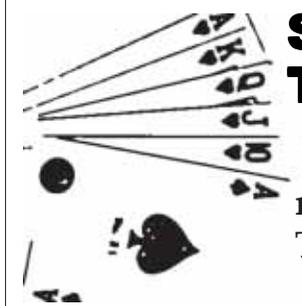


Spc. Michele Tarbox, 301st Area Support Group, had the opportunity of a lifetime singing alongside Rascal Flatts in concert.

West MWR Schedule



A Counter Strike tournament will be held August 25 at 8 p.m.



Spades Tournament

Spades tournaments will be Today at 8 p.m.

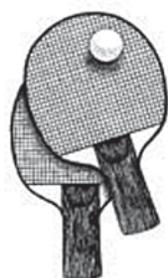
8-Ball Tournament

8-Ball tournaments will be Wednesdays at 8 p.m.



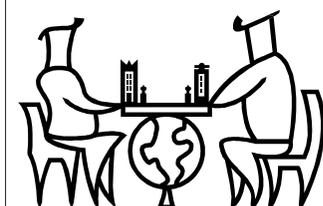
Darts Tournament

A darts tournament will be August 21 at 8 p.m.



Pingpong Tournament

Pingpong tournaments will be Tuesdays at 8 p.m.



Game Night

Game night will be every Friday at 8 p.m.

Games featured will include Risk, Battleship and Dominoes.



LSA Anaconda Soldiers Legal Center

DSN 829-1533/1538

Dedicated to providing a variety of services including:

Powers of Attorney and Notaries
Citizenship Application Preparation and Immigration Issues
Divorce and Family Law Issues
Guardianships
Tax Services
Servicemember's Civil Relief Act Issues
FLIPL and Reprimand Rebuttals
Personnel Claims and Wills

LSA Anaconda Fitness Center

Pilates

The LSA Anaconda Fitness Center offers Pilates classes at 5:45 a.m. Monday, Wednesday and Friday.

Aerobics

There will be an aerobics class Monday, Wednesday and Friday at 6 p.m. Freestyle aerobics is Saturday at 9 a.m., and today at 1 p.m.

Karate

Karate classes will be today, Monday, Wednesday and Friday at 7:15 p.m.

Tae Bo

The LSA Anaconda Fitness Center offers Tae Bo classes Tuesday, Thursday and Saturday at 5:30 a.m.

Kobushi Sessen Jutsu

The LSA Anaconda Fitness center offers classes in the feudal warrior combat art Tuesday, Thursday and Saturday at 8:30 p.m.

Capoeira

The LSA Anaconda Fitness Center offers capoeira classes today at 6 p.m. and Monday, Wednesday and Friday at 8:30 p.m.

Nihon Goshen Aikido

The LSA Anaconda Fitness Center offers Nihon Goshen Aikido classes at 5:30 p.m. every Tuesday, Thursday and Saturday in the Sprung Gym.

Brazilian Jiu-Jitsu Combatives

Classes will be today at 8:30 p.m. and Wednesday and Friday at 9:30 p.m.

East MWR Schedule

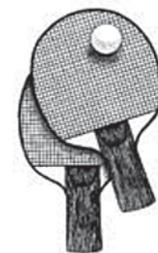


Karaoke Night

Open-mike nights will be every Saturday at 8 p.m.

Table-Tennis Tournament

A Table-tennis tournament will be every Sunday at 3 and 8 p.m.



DOMINOES "Doubles" Tournament

August 30
at 3 and 8 p.m.



8-Ball Tournament

An 8-ball tournament will be held every Monday at 3 and 8 p.m.



A NBA Live 2005 tournament will be held August 26 at 3 and 8 p.m.

Movie Schedule

Sustainer Reel Time Theater

(schedule is subject to change)

August 14

3 p.m. Deuce Bigalow II
6 p.m. Batman Begins
9 p.m. Stealth

August 15

3 p.m. Batman Begins
6 p.m. Deuce Bigalow II
9 p.m. Stealth

August 16

3 p.m. Dukes of Hazzard
6 p.m. The Longest Yard
9 p.m. Batman Begins

August 17

3 p.m. Crash
6 p.m. Star Wars Episode III
9 p.m. Deuce Bigalow II

August 18

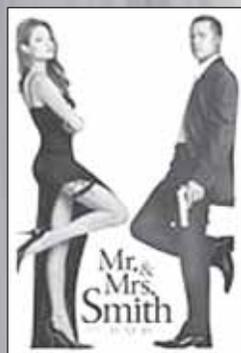
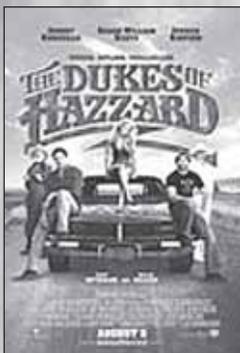
3 p.m. Batman Begins
6 p.m. Stealth
9 p.m. Batman Begins

August 19

3 p.m. Deuce Bigalow II
6 p.m. Mr. & Mrs. Smith
9 p.m. Dukes of Hazzard

August 20

3 p.m. Mr. & Mrs. Smith
6 p.m. Dukes of Hazzard
9 p.m. Batman Begins



Religious Schedule

Roman Catholic Mass

Wednesday 11 a.m. Air Force Hospital
Saturday 5 p.m. Tuskegee Chapel
Sunday 8:30 a.m. Freedom Chapel
Sunday 9 a.m. Tuskegee Chapel
Sunday 11 a.m. Provider Chapel
Sunday 8 p.m. Provider Chapel Annex
Mon.-Fri. 7 p.m. Tuskegee Chapel

Sacrament of Reconciliation

(30 minutes prior to each mass)

Church of Christ

Sunday 11 a.m. Aviation Village 1/245th ATS
Conference Room

Islamic Prayer

Friday 12:30 p.m. Provider Chapel

Samoan Congregational Service

Sunday 4 p.m. Provider Chapel

Latter Day Saints

Sunday 1 p.m. Provider Chapel
Sunday 3 p.m. Freedom Chapel
Sunday 7 p.m. Tuskegee Chapel

Jewish Prayer

Friday 6:30 p.m. Provider Chapel Annex

Lutheran

Sunday 8 a.m. Provider Chapel

Protestant-Gospel

Sunday 11 a.m. Sustainer Indoor Theater
Sunday 11:30 a.m. Freedom Chapel
Sunday 7 p.m. Provider Chapel

Protestant Praise and Worship

Sunday 9:30 a.m. Sustainer Indoor Theater
Sunday 5:30 p.m. Tuskegee Chapel
Sunday 6:30 p.m. MWR Tent 29th Spt. Bn.
Sunday 7 p.m. Freedom Chapel
Wednesday 7:00 p.m. Freedom Chapel

Protestant-Contemporary

Sunday 11 a.m. Town Hall

Protestant-Traditional

Sunday 7:30 a.m. Air Force Hospital Chapel
Sunday 9:30 a.m. Provider Chapel
Sunday 10 a.m. Freedom Chapel

Religious schedule subject to change

Movie Synopsis for August 14 - 20

Dukes of Hazzard

PG-13, Action/Comedy, 106 min
Seann William Scott, Jessica Simpson

Set in present day, the story follows the adventures of "good old boy" cousins, Bo and Luke Duke, who with the help of their eye-catching cousin Daisy and moonshine running Uncle Jesse, try and save the family farm from being destroyed by Hazzard County's corrupt commissioner Boss Hogg. Their efforts constantly find the "Duke Boys" eluding authorities in "The General Lee," their famed 1969 orange Dodge Charger that keeps them one step ahead of the dimwitted antics of the small southern town's Sheriff Roscoe P. Coltrane.

Batman Begins

PG-13, Action, 134 min
Christian Bale, Ken Watanabe

The origins of the Batman legend and the Dark Knight's emergence as a force for good in Gotham. In the wake of his parents' murder, disillusioned industrial heir Bruce travels the world seeking the means to fight injustice and turn fear against those who prey on the fearful. He returns to Gotham and unveils his alter-ego: Batman.

Deuce Bigalow: European Gigolo

Not Rated, Comedy,
Rob Schneider, Eddie Griffin

Deuce Bigalow is seduced back to his unlikely pleasure-for-pay profession, when his former pimp T.J. Hicks is implicated in the murders of Europe's greatest gigolos. Deuce must go back to work in order to clear his good friend's name. Along the way, he must compete

against the powerful European Union of prosti-dudes and court another bevy of abnormal female clients.

Mr. & Mrs. Smith

PG-13, Action, 120 min
Brad Pitt, Angelina Jolie

John and Jane are an ordinary suburban couple with an ordinary, lifeless suburban marriage. But each of them has a secret — they are actually both legendary assassins working for competing organizations. When the truth comes out, John and Jane end up in each other's cross-hairs.

Stealth

PG-13, Action, 98 min
Josh Lucas, Jessica Biel

The Navy develops a fighter jet piloted by an artificial intelligence computer. The jet is placed on an aircraft carrier in the Pacific to learn combat maneuvers from the human pilots aboard. But when the computer develops a mind of its own, it's the humans who are charged with stopping it before it incites a war.

Crash

R, Drama, 100 min
Sandra Bullock, Don Cheadle

A Brentwood housewife and her DA husband. A Persian storeowner. Two police detectives, who are also lovers. A black television director and his wife. A Mexican locksmith. Two car-jackers. A rookie cop. A middle-aged Korean couple. They all live in Los Angeles. And, in the next 36 hours, they will all collide.

Our biggest enemy: IEDs

By Spc. Jerome Bishop
Staff writer

The improvised explosive device has been a proven insurgent method of fighting since the conflict in Vietnam.

Soldiers serving in Iraq are still falling victims to these primitive killing tools, but as the days go by, new methods are being devised to fight this threat.

Transportation Soldiers on Logistic Support Area Anaconda leave the post on a regular basis and are in danger of an IED incident.

Throughout Iraq, Explosive Ordnance Disposal teams are deployed to assist Soldiers on the roads by destroying possible IEDs and keeping the roads safe.

"It's up to the ingenuity of the creator on how he's going to make, employ and detonate an IED," said Air Force Staff Sgt. Kenneth Riley, an EOD technician from the 332nd Explosive Ordnance Detachment, 332nd Expeditionary Civil Engineer Squadron.

"As far as trends go, insurgents can make them out of anything."

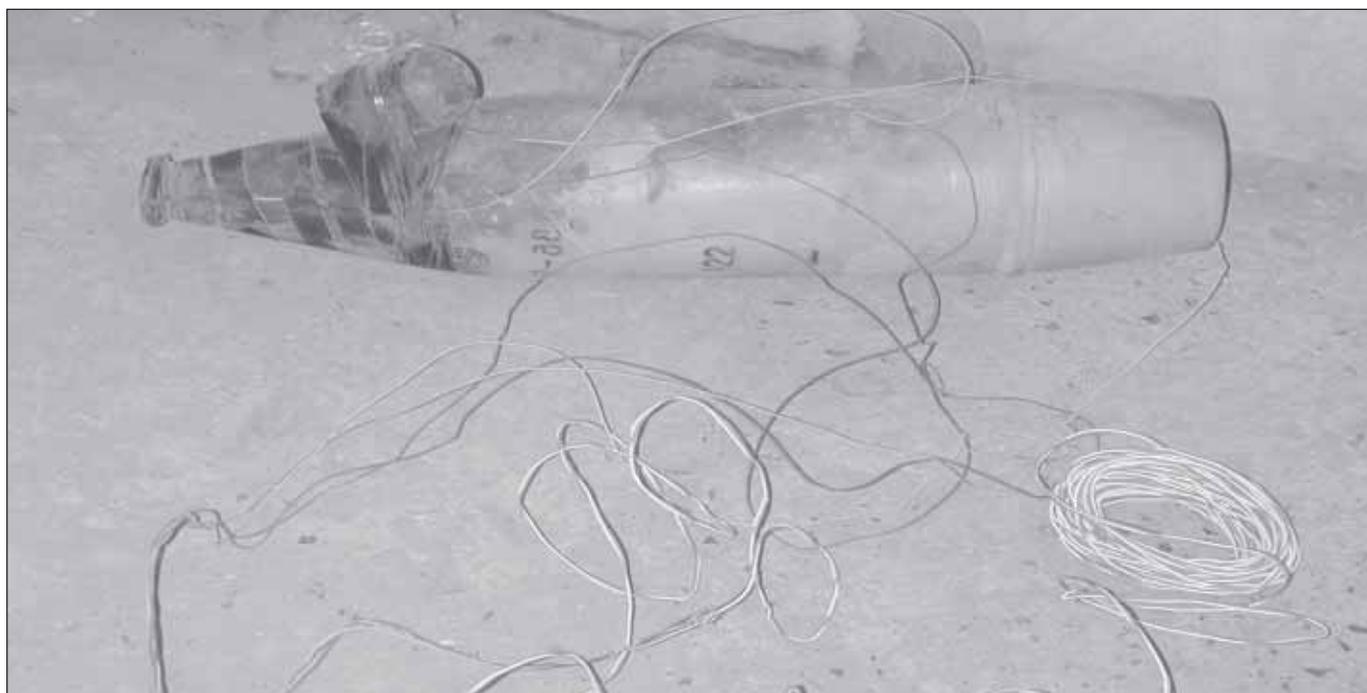
"With the elections coming up, it wouldn't hurt to be more vigilant while out on the road," Riley added. "They're out there and Soldiers are finding them, they just need to keep an eye out."

As IED attacks continue, new methods of training and fighting the effect of these weapons are surfacing.

Since Fall 2003, a special task force was organized specifically to counter IEDs.

In July 2004, the Army-led Joint IED Defeat Task Force welcomed support and participation from the Marine Corps, Air Force and the Navy.

"The first items that we helped with were the up-armored Humvees, the add-on armor to protect from the



Courtesy photo

IEDs can be made from anything including homemade explosives to old aircraft munitions like this one found in Iraq.

blasts and the small-arms protective inserts that go inside the outer tactical vests," said Col. Lamont Woody, deputy of the JIEDD TF.

The reoccurring problem with IEDs is the insurgents' ability to quickly adapt to make IEDs less detectable and more effective.

"We have a way that we go and get that info back so that we can analyze it," Woody said.

"We're trying to be able to be as flexible as the enemy and trying to get out in front."

The Iraqis, who also become victims of IEDs by either being too close to a blast or by being the initial target of

the insurgents, are playing a larger role in the defeat of IEDs.

"It's giving those young Iraqis more momentum to protect their own nation," Woody said.

"I mean think about that, that's their soccer field, that's their neighborhood, that's the places where they want their brothers and sisters to be able to walk to school. I think the Iraqis are making the difference."

With IEDs on the road, situational awareness is still the key to preventing an IED attack.

Soldiers are trained before entering theater on how to react to an IED if the situation ever occurs.

Hoaxes are a real threat.

Always treat them as real.





Photo by Spc. Jerome Bishop

Sgt. David D. Sherman, a yoga student at Logistics Support Area Anaconda's Indoor Pool stretches alongside class instructor Misty Mann August 7.

Take a deep breath and count to ten

By Spc. Jerome Bishop
Staff writer

Being deployed to Iraq isn't exactly the most relaxing atmosphere, but Logistics Support Area Anaconda Soldiers are finding new ways to relax at the indoor pool's Yoga classes.

"[Soldiers] can learn how to relax," said Misty Mann, MWR Coordinator and Indoor Pool Yoga instructor.

"In the mornings, I'll do Yoga Sutra and in the evenings I'll do Yoga Nedra. Sutra is more of a stretch and more of a wake up

and it tones the body. The Yoga Nedra is a lot more of a relaxation thing."

Although the Yoga doesn't actually take place in the water, the sounds can add to the atmosphere of the day's lesson.

"Sometimes the pool helps," Mann said. "It helps create more of a relaxing environment."

The Yoga class, which usually consists of four to five participants, varies in the routine of the lessons to better cater to the students.

"Sometimes I do just the stretches, or if the group wants to I can go through a routine of

stretches."

For Sgt. David D. Sherman, a cargo specialist from 372nd Transportation Company, the class gave him just what he was looking for.

"I enjoy Yoga and I wanted to learn something new. This is my first class and I've never done the relaxation part," he said. "I know what I can do now to help myself relax."

Soldiers who have participated in the class not only learn something new that they can do, but also more about their bodies, and that's always a good thing.

"I usually get some pretty

good feedback, especially about the relaxation part. When you're home alone and you can't get to sleep, it really helps. It helps you to mentally control your body functions."

The students aren't the only ones who benefit from the class, even the instructor takes something from each lesson.

"In the mornings, I know it sounds silly, but it helps wake me up and it helps get rid of your problems and relieves a lot of body aches," Mann said. "I did Yoga before; I've just never done it this frequently."

As of August, classes are held

Sunday mornings from 6:15 to 7 a.m., but that's about to change along with the different types of Yoga offered.

"Every Sunday starting in September the schedule will switch from one Sunday in the morning and then the next Sunday in the evening and so on."

The Yoga Class is open to anyone who may be interested.

"I recommend it to anyone who has a lot of stress or tension in their muscles," said Sherman. "I recommend it to everyone just to keep in tune with their bodies."

AROUND ANACONDA



Photo by Staff Sgt. Engels Tejada

Swim like a butterfly

Faraon Lopez, Tapestry Solutions, enjoys a quick swim at Logistics Support Area Anaconda's Indoor Pool during his lunch break. The pool is open from 4:00 a.m. to 1:00 a.m. daily.



Photo by Spc. Jerome Bishop

And the forecast for today is...

Despite the sandstorm that hit Logistics Support Area Anaconda, Soldiers navigated through the thick of the dust to get to their destinations August 8.



Photo by Sgt. Monika Comeaux

And that's what friends are for

Air Force Staff Sgt. Brandi Kelly, 332nd Command Post, gives Staff Sgt. Dax, 95th Military Police Battalion, some water during his security shift at the Rascal Flatts concert August 4.



Photo by Spc. Jerome Bishop

The incredible eatable egg

A chef at Logistics Support Area Anaconda's Dining Facility 1 prepares an omelette for a hungry Soldier who patiently waits for a healthy start to a new day.